

CVYS 'In-House' Curriculum

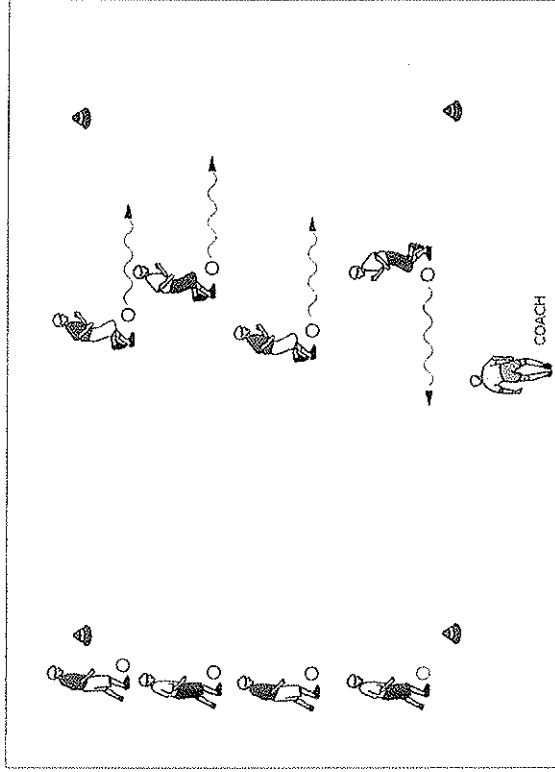
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|------------------------|---|---|---|
| U6 (Fun) | Concepts | What to do? | How to develop? |
| | > "Win the Ball" | Move to ball. Use draw-back (pull-back) | Draw, Sharks-n-Minnows |
| | > "Possess the Ball" | Dribble to space. | Footskills, Red-/Green-light, Random Dribbling. |
| | > "Support" (expand) | n/a | n/a |
| | > "Go to Goal" (Attack!) | Know which way to go. Shoot to score. | Score on Coach, 1v1, 3v3 |
| | > Lose the Ball ... "Transition" | Work to get it back. | Sharks-n-Minnows |
| | > "Goal Side of Ball" (constrict) | Know which way to go. Get there. | 3v3 |
| > "Challenge the Ball" | Move to ball. Toe-Poke | Sharks-n-Minnows, 1v1 | |
| > "Help" (Defend!) | Clear the ball. | War | |
| Skills | Ball at their feet. Dribble (and Trap) with inside of foot and sole (try laces); look up. Kick with toe (try instep or laces). Pretend the ball is tied to a 3-ft string. | | |
| Tactics | Draw-out the ball. Dribble into space. Go to Goal. | | |
| Positions | n/a | | |
| Rules | All re-starts by throw-in on the side (touchline) | | |

| | | | |
|-------------------------|---|---------------------------------------|---|
| U8 (Learning) | Concepts | What to do? | How to develop? |
| | > "Win the Ball" | Trap it. Use draw-back (pull-back) | Sharks-n-Minnows (win-it) |
| | > "Possess the Ball" | Dribble into space. Pass to teammate. | Footskills, Random Dribbling, Two-touch passing (pairs) |
| | > "Support" (expand) | Show for pass. Balance the field. | 2-man Keep-away (dribbling/passing) |
| | > "Go to Goal" (Attack!) | Progress longitudinally. | 2v2, 3v3 & 4v4 (no keeper), World Cup |
| | > Lose the Ball ... "Transition" | Don't stop ... transition. | n/a |
| | > "Goal Side of Ball" (constrict) | Get in defensive position. | 2v2, 3v3 & 4v4 (no keeper) |
| > "Challenge the Ball" | Try to win the ball back. Toe-Poke. | Sharks-n-Minnows (win-it) | |
| > "Help" (Defend!) | Protect the goal. Clear the ball. | 2v2, 3v3 & 4v4 (no keeper), World Cup | |
| Skills | Ball in pairs. Dribble (and Trap) with all parts of foot (inside, outside, sole & laces); look up. Pass (two-touch) with instep and Kick with laces; no toe-balls. Control Trapping. Pretend the ball is tied to a 3-ft string. | | |
| Tactics | Win the Ball. Recognize Transition. Dribble into space. Look to pass when challenged. Shoot to score, or pass into box. Balance the field. | | |
| Positions | Forwards (center, Left & right) and Backers (left & right) ... Goal Keeper | | |
| Rules | Restarts by throw-in if out the side (touchline), corner-kick if out the endline by defender, goal-kick if out the endline by attacker. Restart by indirect-kick for fouls. No offsides. | | |

| | | | |
|--------------------------|---|--|---|
| U10 (Training) | Concepts | What to do? | How to develop? |
| | > "Win the Ball" | Chop. Settle/Trap it. Use draw-back (pull-back) | Knock-out games |
| | > "Possess the Ball" | Dribble into space. Pass to teammate / into space. | Footskills, Random Dribbling, two-touch passing (group) |
| | > "Support" (expand) | Show, anticipate, communicate. | 3-man & 4-man Keep-away (mostly passing) |
| | > "Go to Goal" (Attack!) | Switch sides of the field and attack. | 3v3 & 4v4 (w/ pop-up goals, etc. for keeper) |
| | > Lose the Ball ... "Transition" | Don't stop ... transition. | n/a |
| | > "Goal Side of Ball" (constrict) | Get in defensive position. | 3v3 & 4v4 (w/ pop-up goals, etc. for keeper) |
| > "Challenge the Ball" | Try to win the ball back. Toe-Poke. | Knock-out games | |
| > "Help" (Defend!) | Mark-Up, anticipate, communicate, Clear the ball. | 3v3 & 4v4 (w/ pop-up goals, etc. for keeper) | |
| Skills | Ball in threes and fours. Dribble (and Trap) with all parts of foot (inside, outside, sole & laces); look up. Pass with all parts of foot (except sole) and Strike the ball with laces; no toe-balls. Control Trapping into space; settle aerial balls. Pretend the ball is tied to a 3-ft string. Juggling | | |
| Tactics | Win the Ball. Transition immediately. Support. Possess the ball. Dribble into space; pass directly to - or into space for - teammate. Look to Pass before challenged. Run onto the ball. Balance the field; use full-width. Draw defender out (over), then center (cross). Play the ball back (drop). | | |
| Positions | Create space dribbling/passing and shoot. | | |
| Rules | Forwards (center, Left & right), Midfield (center, Left & right) and Backers (center, Left & right) ... Goal Keeper Same as for U8 except direct-kicks and penalty-kicks are added plus offsides. | | |

Dynamic Activities

◆ Line-to-Line Dribbling



Equipment:

One ball per player. Cones.

Set-up:

Two lines made from cones approximately 20 yards apart. (adjust distance if necessary) Players pair up and form single file lines of two. Pairs line up side-by-side behind one of the cone lines.

Activity:

On the coach's command, the first player in the pair dribbles to the opposite line and returns. When he returns, his partner dribbles to the other line and returns.

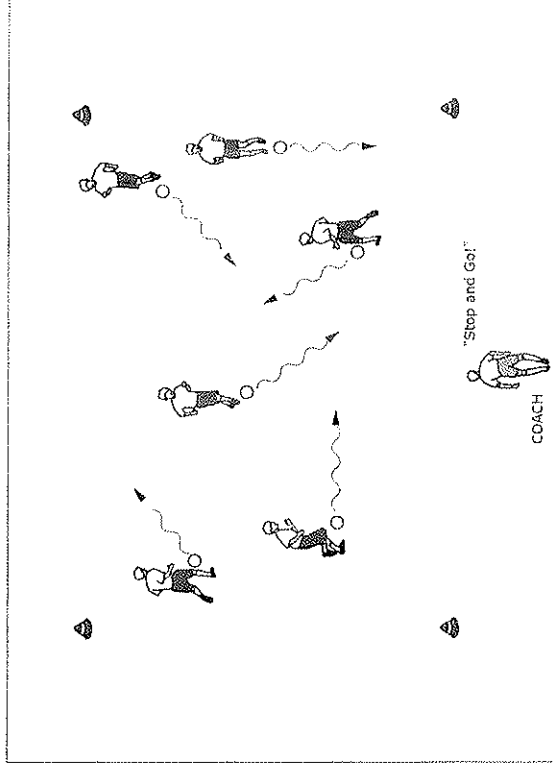
Variations:

Tap the ball with the insides of the feet on every touch on the way to the opposite line and back again. Dribble with the inside and outside of the right foot only on the way to the opposite line; dribble with the inside and outside of the left foot only on the way back to your partner.

Coaching Considerations:

Repetitions: proper dribbling mechanics; quick.

◆ Dribbling with Moves



Equipment:

One ball per player.

Set-up:

Open area or a rectangular grid, approximately 25 yd x 30 yd.

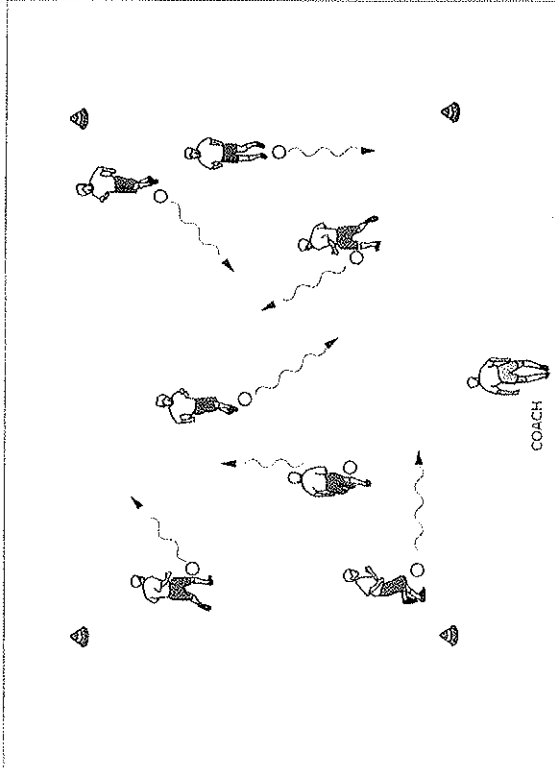
Activity:

Players begin by dribbling freely in the proposed area. The coach then introduces the following moves: Stop & Go and Half-turns. After the player practice many repetitions of the moves, they begin to dribble freely once again. The coach then yells out "Stop & Go" or "Half-turn" and the players attempt to perform the move while they are dribbling.

Coaching Considerations:

Movement education, balance, agility, change of speed and direction in order to perform the move.

◆ Interactive Dribbling



Equipment: One ball per player.

Set-up: 15 yard x 20 yard rectangular grid.

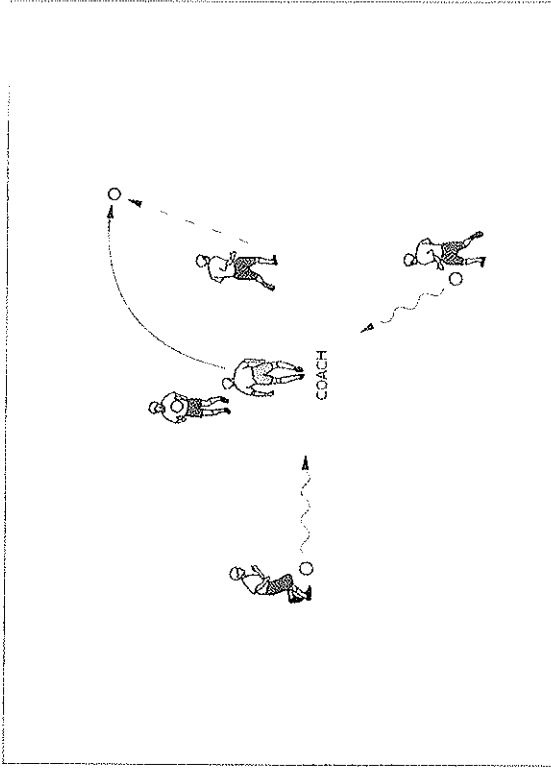
Activity: All players dribble their soccer balls inside the rectangular grid moving through each other. They try to avoid collisions with other players and their soccer balls.

Variations:
 On the coach's command (whistle) each player must do a half-turn.
 On the coach's command (whistle) each player must stop and go.
 On the coach's command (whistle) each player must fake one way and go the other way.

Coaching Considerations:

Fun, dribbling technique, use different surfaces of foot, keep ball close, keep head up, simple decision making.

◆ Fetch (Ball Toss)



Equipment: One ball per player.

Set-up: Open area; no boundaries.

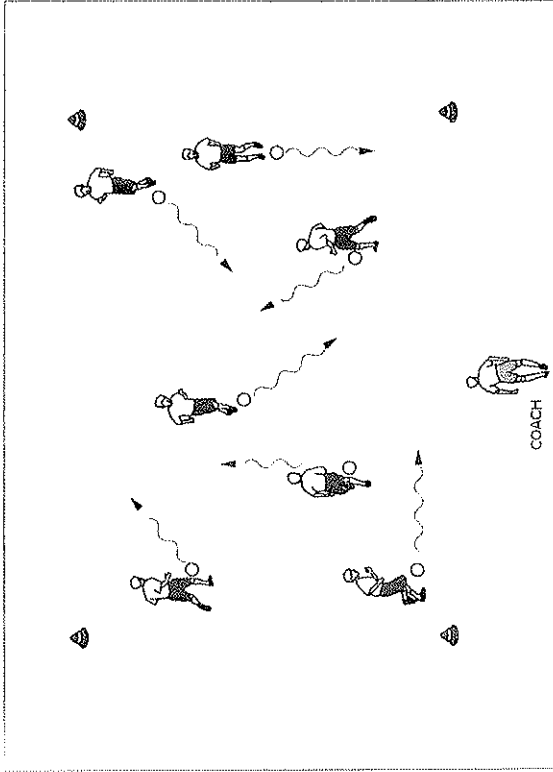
Activity: Each player holds his ball in his hands. One at a time, each player hands his ball to the coach. The coach then throws (tosses) the ball away from the group, in any direction, and the player proceeds to fetch his ball and bring it back to the coach. This is very interactive activity, with many players fetching at the same time.

Variations: Players can bring the ball back with their hands, feet, head, thighs, bouncing the ball or rolling the ball on the ground. Use your imagination, but always keep the activity safe.

Coaching Considerations:

Fun, following directions, movement education, hand-eye and foot-eye coordination, simple decision making.

◆ Red Light–Green Light (Stop and Go)



Equipment:

One ball per player.

Set-up:

Open area, a 10 yard x 15 yard rectangular grid or a circle with radius 10 yards. (Create a playing space appropriate to the age, size and number of players)

Activity:

Each player dribbles his ball in any direction. When the coach says, “Red Light”, they must stop dribbling and put their foot on the ball. When the coach says, “Green Light”, they can dribble again.

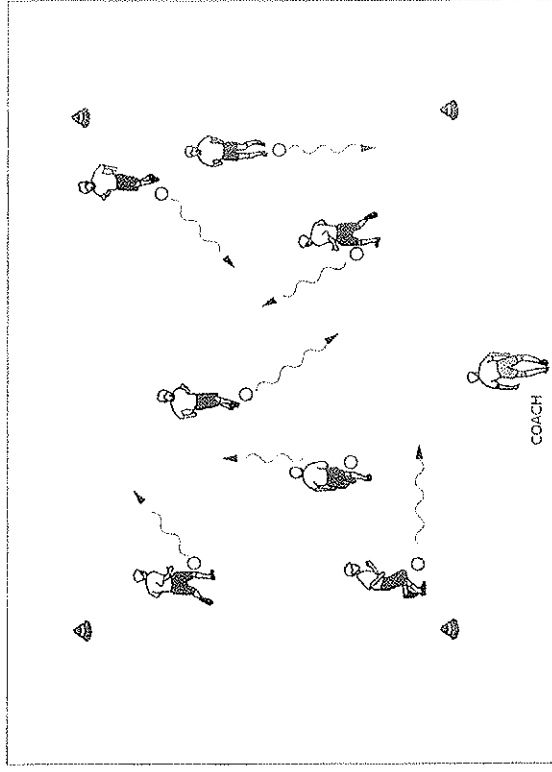
Variations:

All players line up side by side at one end. The coach stands just outside of the grid at the other end with his back to the players, so that he cannot see them. When the coach says, “Green Light”, all of the players may dribble toward the coach in an effort to cross over the other side of the grid. But, when the coach says, “Red Light”, he turns around to make sure each player has stopped dribbling and has put a foot on the ball. If a player is still moving, he must go back to the starting line and play resumes when the coach says, “Green Light”.

Coaching Considerations:

Fun, following directions, movement education, dribbling education, the ball stays on and no outside decision making.

◆ Body Part Dribbling (Stop and Go)



Equipment:

One ball per player.

Set-up:

Open area, a 10 yard x 15 yard rectangular grid or circle with radius 10 yards. (Create a playing space appropriate to the age, size and number of players)

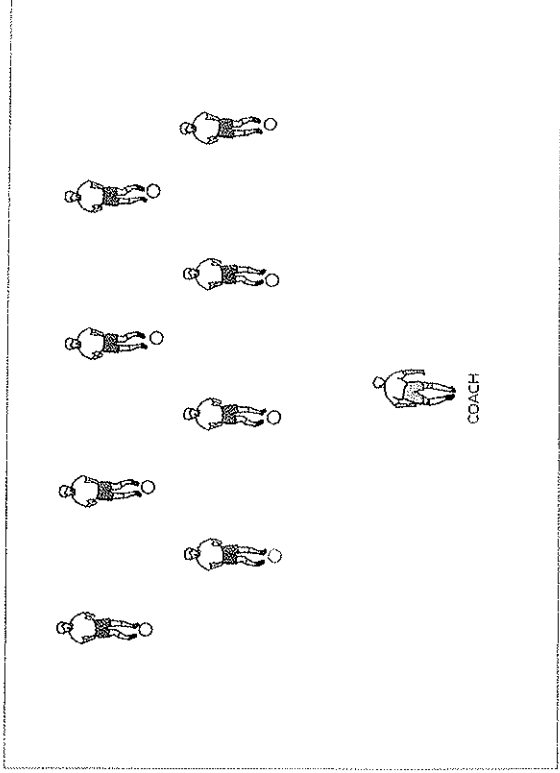
Activity:

Each player dribbles his ball freely (in any direction). When the coach says, “Stop!”, the players can stop the ball with any body part they choose (foot, hand, elbow, etc.). After a short stop, the coach says, “Dribble!” and the players dribble once again. After a few tries, the coach yells out a particular body part instead of the word, “Stop”. The players must stop the ball with that particular body part. It really is the game **Stop and Go** using a particular body part to stop the ball.

Coaching Considerations:

Fun, following directions, movement education, dribbling, simple decision making.

◆ Bounce Juggling



Equipment: One ball per player.

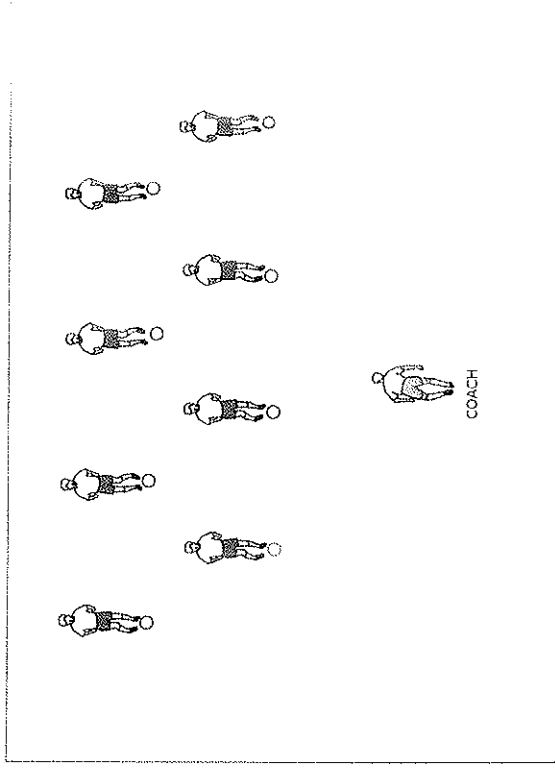
Set-up: Open area. Players spread out.

Activity: Players start with the soccer ball in their hands or at their feet. They attempt to keep the ball in the air using their feet, thighs and head (juggling). The ball can bounce in between touches.

Coaching Considerations:

Fun, hand-thigh-foot-eye coordination, preparation touches.

◆ Controlled Juggling



Equipment: One ball per player.

Set-up: Open area. Players spread out.

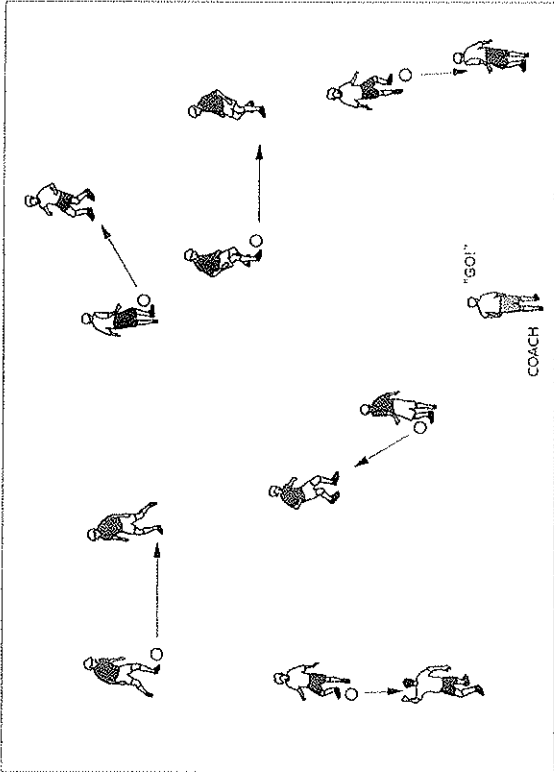
Activity: Players start with the soccer ball in their hands or at their feet. The coach asks them to do specific juggling sequences:

Foot-Foot-Catch
Thigh-Thigh-Foot-Catch
Thigh-Thigh-Head-Catch
Thigh-Foot-Head-Catch

Coaching Considerations:

Fun, hand-thigh-foot-eye coordination, preparation touches.

◆ Passing in Two's (2's)



Equipment:

One ball for two players (pair).

Set-up:

Open area.

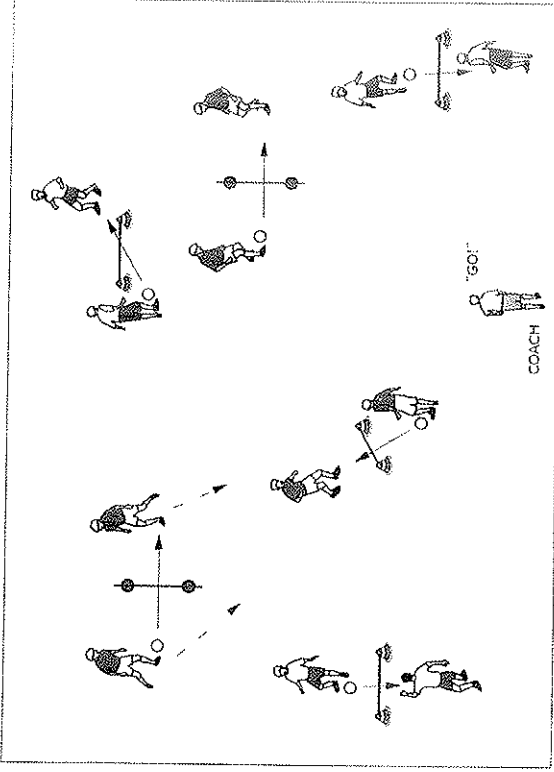
Activity:

Each pair passes their ball on the ground to each other freely. They must keep their feet and the ball moving. They remain in a specified area. They can 1-touch the ball (pass immediately without controlling the ball) or 2-touch the ball (take one controlling touch before passing the ball).

Variations:

Passing competition – when the coach says, “GO!” each pair counts how many passes they can complete in a specified time (30-60 seconds).

◆ Gate Passing in Two's (2's)



Equipment:

One ball for two players (pair). 20-30 cones.

Set-up:

Open area. Gates (2 cones about 1-2 yards apart) placed at many different angles about 10 yards apart. Set up one gate per pair or 1 more gate than there are pairs. (i.e. 5-6 gates for 5 pairs)

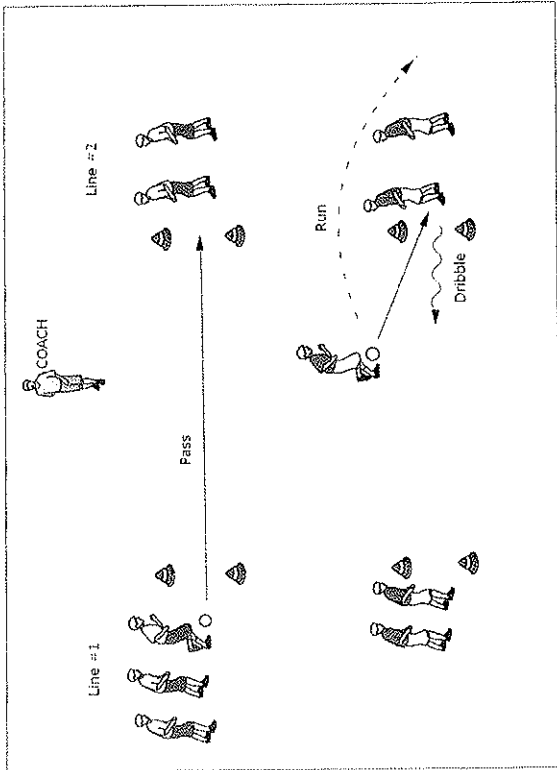
Activity:

Each pair passes their ball to each other freely through the gates. Once they pass their ball through one gate, they must find another gate to pass through

Variations:

- Timed gate passing...the coach times the players for 30 seconds. The players must count how many gates they pass their ball through in 30 seconds. Ask each pair how many gates they pass their ball through when they are finished. Challenge them to increase their score by one on a second attempt.
- Gate Keeper...parents act as gate keepers. They step in between the cones of a gate when signaled to do so by the coach. If a parent is in the gate, players cannot pass their ball through that gate. When the coach signals a parent to step out of the gate, players can pass through it again.


Relay Challenge



Equipment: Soccer balls and cones.

Set-up: Two players in single file line face one other player opposite them 10 yards away. The ball is placed with the first player in the line of two. Set up multiple lines so that all players are participating.

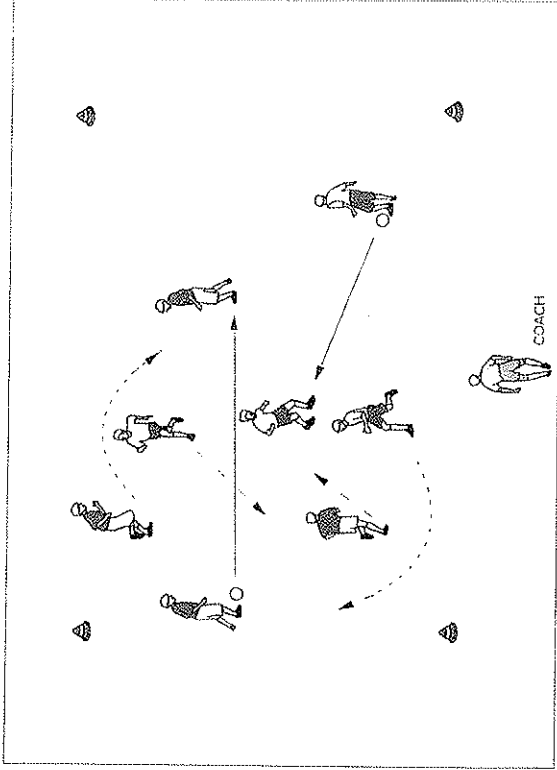
Activity: Pass-Receive-Dribble... First player in line #1 passes the ball to the player opposite him. After he passes the ball, he must run across and replace the player he passed to. The player receiving the ball must control it and dribble to line #1, giving the ball to the player located there. The sequence continues in this manner.

Variations:  Two-Touch Passing... Similar to the sequence above. First player in line #1 passes the ball to the player opposite him. After he passes the ball, he must run across and replace the player he passed to. The player receiving the ball must control it on his first touch and pass it to line #1 on his second touch. Each time a pass is made the passer follows his pass to the opposite line.

Coaching Considerations:

Passing and receiving technique (keeping the ball

◆ Paint the Field (2's, 3's or 4's)



Equipment: Soccer balls. Pinnies (2 or 3 different colors).

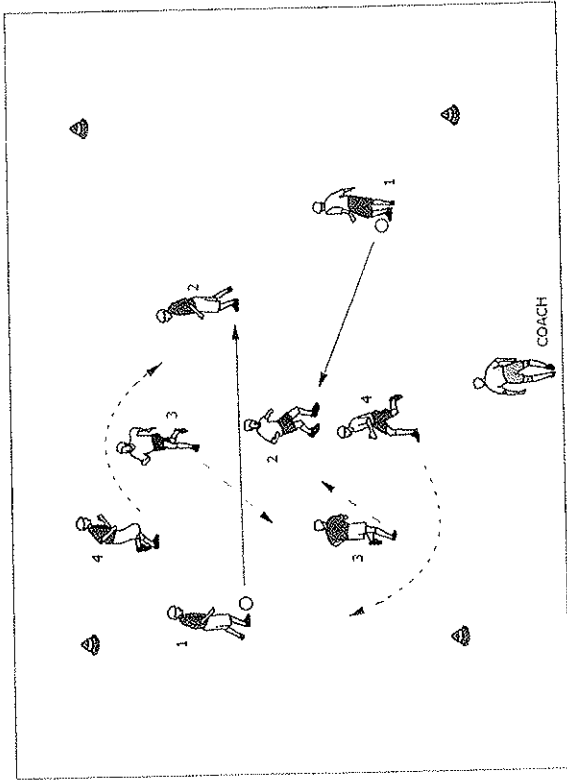
Set-up: 20 yard x 30 yard rectangular grid. One ball per group of two, three or four. Color code the groups in different colored pinnies.

Activity: Players pass the ball within their group inside the grid. They pretend that their feet represent paint brushes and, as a group, they must paint the complete grid area as they pass and move.

Coaching consideration:

Intelligent movement; head up, preparing to receive the ball, surveying the area, looking for their target early, anticipation, passing accuracy and pace, keeping appropriate individual and group shape.

Passing by the Numbers



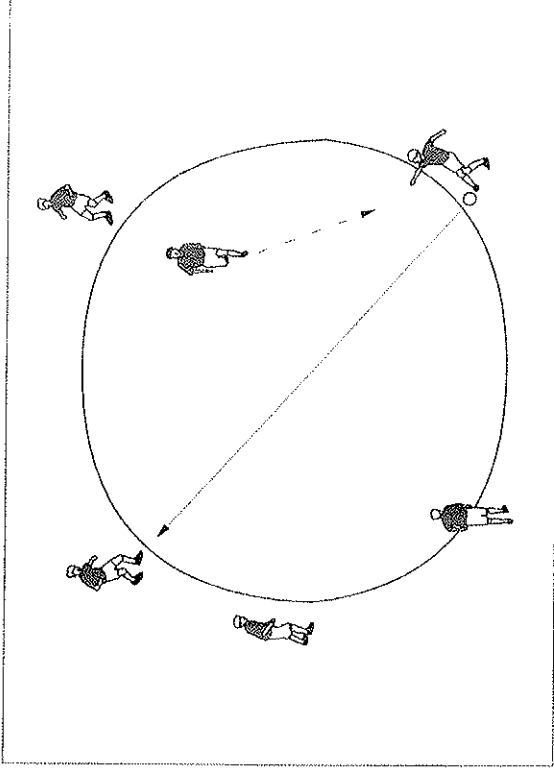
Equipment: Soccer balls. Pinnies (2 or 3 different colors).

Set-up: One ball per group of four or five players. The players in each group number themselves from one to four or from one to five.

Activity: Players pass the ball within their group by their consecutive numbers. One passes to two, then two passes to three, then three passes to four and four passes back to one. Players must be moving and the ball can never stop.

Coaching Considerations: Intelligent movement, head up, preparing to receive the ball, surveying the area, looking for their target early, anticipation, passing accuracy and pace, communication.

Circle Passing



Equipment: 2-3 soccer balls.

Set-up: All the players position themselves around the center circle or a circle with a radius of 10-15 yards. One player has the soccer ball to begin the activity.

Activity: The player with the ball passes it to another player (it cannot be the players next to him), follows his pass and replaces the player he passed to. The player receiving the pass has two touches to control and pass the ball to someone else on the circle. He must also follow his pass and replace that player on the circle. This continues until the ball is played outside of the circle. Use Time as a challenge to the players...they must keep the ball moving, with the appropriate touches, inside the player circle for one minute!

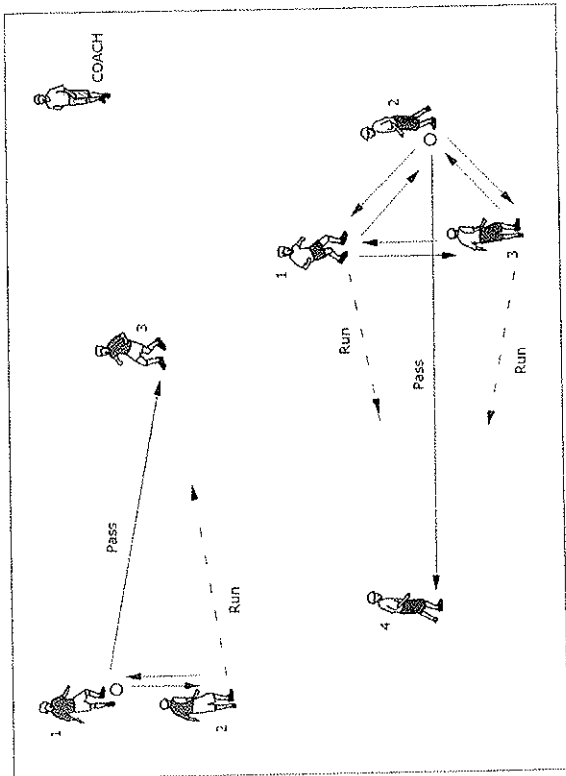
Variations:

- Allow one touch only using one ball..
- Use 2 balls. Keep 2 balls moving for a timed period.

Coaching Considerations:

Intelligent movement, head up, preparing to receive the ball, surveying the area, looking for their target

Short-Short-Long Passing (Pattern Passing)



Equipment:

Soccer balls. Pinnies (2 or 3 different colors).

Set-up:

Open area. One ball per group of three.

Activity:

Players pass the ball within their group. Two of the players position themselves about 5-10 yards apart and pass the ball back and forth to each other (short passes), while the third player (long player) drifts/checks about 20-25 yards away. After 4-5 short passes, the long player calls for the ball. The ball is played into the long player. The player that played the ball to the long player stays home, while the other player joins the long player. They begin to (short) pass to each other until the new "long" player calls for the ball. The activity continues in this manner for 2-3 minutes to develop a smooth rhythm in the passing sequence. Players consistently keep themselves and the ball moving. (Develop a triangle shape)

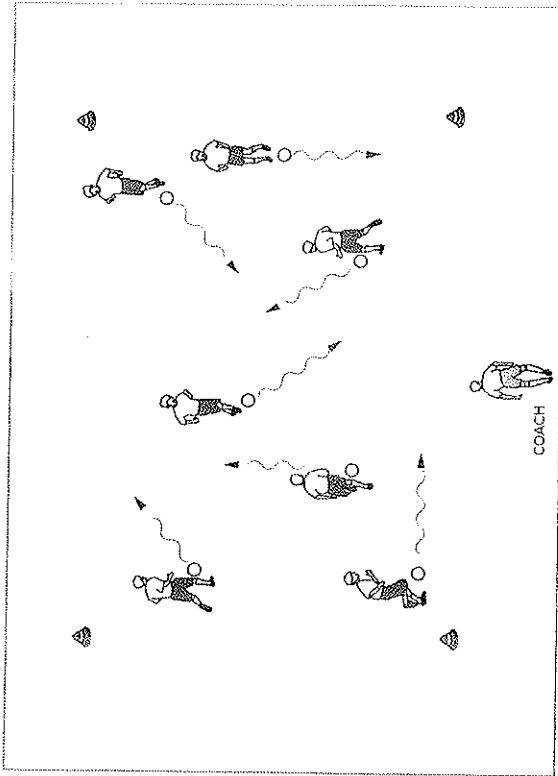
Variations:

One ball per group of four. Similar to the activity described above, three players make short passes to each other, while one player drifts away. When the long ball is played, the passer stays home and the other two players join the "long" player. (Develop a

Coaching Considerations:

Intelligent movement, head up, preparing to receive the ball, surveying the area, looking for their target early, anticipation, passing accuracy and pace, keeping appropriate individual and group shape.

◆ Serve-to-Self Receiving



Equipment:

One ball per player.

Set-up:

25 yard x 30 yard rectangular grid.

Activity:

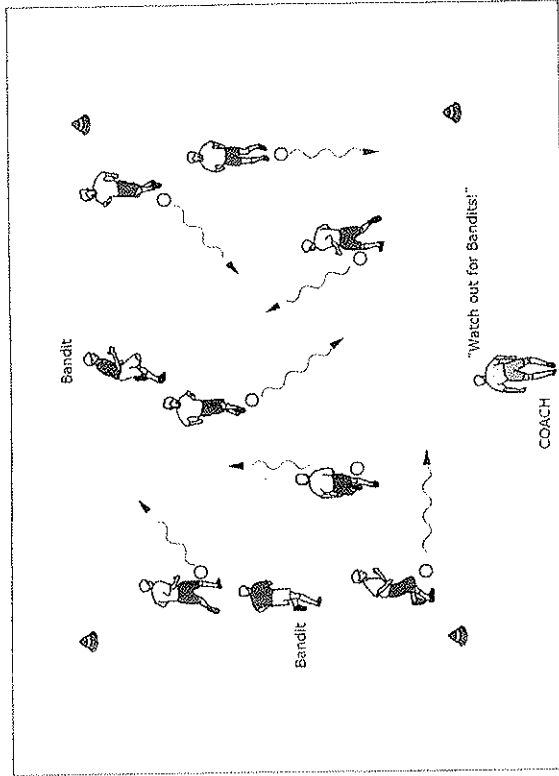
All players dribble their soccer balls inside the rectangular grid moving through each other. They try to avoid collisions with other players and their soccer balls. When the coach yells, "Laces", each player picks up their soccer ball and serves it in the air to themselves. They attempt to receive the ball with their "Laces" before it touches the ground. Once they have cushioned the ball to the ground, they continue to dribble around in the area. The coach can vary the command such as "Thigh" or "Chest" to promote other receiving surfaces.

decides to enter a safe house that is being occupied, the occupant must leave immediately to make room for the new resident.

Coaching Considerations:

Creative dribbling, decision making, scheming, FUN!

Bandit Ball (Keep your ball)



Equipment: One ball per player. Cones.

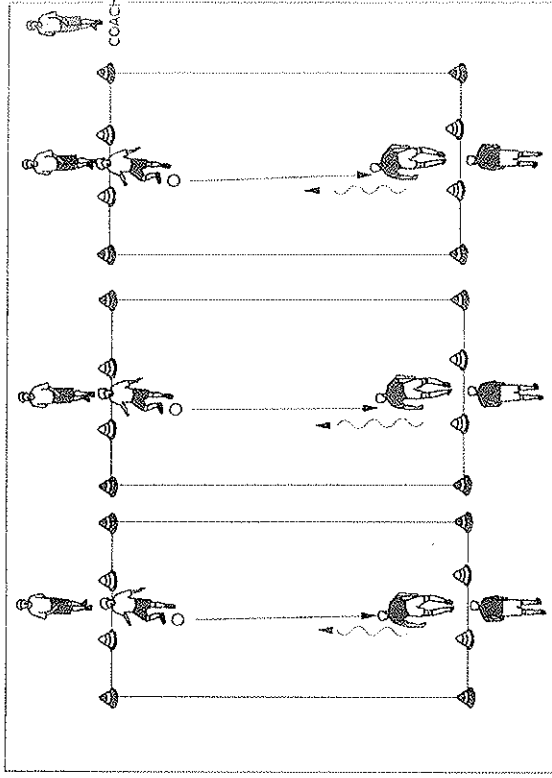
Set-up: 10 yard x 15 yard rectangular grid. 30-45 second games.

Activity: All players are dribbling their soccer balls inside the grid, with the exception of one or two players, who do not have soccer balls (the bandits). When the coach says, "Watch out for bandits!", the bandits try to steal someone's ball. Once they have stolen a ball, they dribble it and try to keep possession of it; they are no longer a bandit. If a player loses a ball, he becomes a bandit and attempts to steal a ball. If a ball is kicked out of the grid, it cannot be brought back in. Start each game with new bandits. At the end of each game one point is awarded to the players

Coaching Considerations:

Dribbling, individual possession (keeping the ball), shielding, constructive tackling (winning the ball), decision making, scheming.

◆ **One v One Challenge [1 v 1]**



Equipment: Soccer balls, pinnies, cones, flags and/or small goals.

Set-up: Small rectangular fields, made with cones, approximately 15 yards long x 10 yards wide, located side-by-side. Place goals made from cones, flags or ready-made goals at each end of the field. Separate players into two color-coded (red and yellow) groups (teams). Send two players from each team to a field. The red pair gets at one end of the field and the yellow pair gets at the other end. One red player and one yellow player step onto the field ready to play against one another. The other player from each team rests behind the goal.

Activity: One of the players starts with the ball at his feet. On the coach's command, the player with the ball passes it to his opponent and the 1 v 1 competition begins. The players police themselves; in other words, they

matches start at the same time and last for 30-45 seconds. After time is up, the two other players, who have rested, prepare to play the next match, while the two players, who have just played, rest.

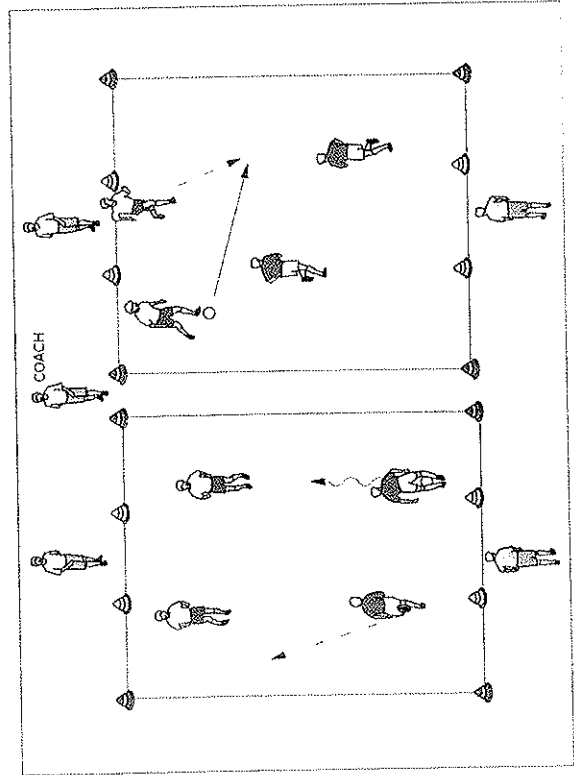
Variations:

- Play with the goals inside the field so that there is space behind each goal to play (like ice hockey).
- When all players have played 2-3 games on a particular field, the coach can rotate a particular color pair to another field (i.e. all red pairs move to the next field).

Coaching Considerations:

Individual possession...dribbling, moves, change of pace and direction, shielding.
 Individual penetration...when and how?
 Individual defending...approach (speed, angle, distance)
 Mentality...risky on the attack...restrained aggression on defense.

Two versus Two Challenge [2 v 2]



Equipment:

Soccer balls, pinnies, cones, flags and/or small goals.

Set-up:

Small rectangular fields, made with cones.

side-by-side. Place goals made from cones, flags or ready-made goals at each end of the field. Separate players into three color-coded (red, blue and yellow) groups (teams). Send two players from each team to a field. The red players defend one goal at one end of the field and the yellow players defend the other goal. The blue team rests while the red and yellow teams prepare to compete in a 2 v 2 game on the coach's command.

Activity:

On the coach's command, the red and yellow teams play a 2 v 2 game. The players police themselves; in other words, they control the environment; they sort out rules, etc. All matches start at the same time and last for 1.5-2 minutes. After time is up, the blue team replaces the red team. The next 2 v 2 game begins, blue versus yellow, while the red team on each field rests. Finally, the red team plays the blue team, while the yellow team rests. (This is a round robin type of activity)

Variations:

- Play with the goals inside the field so that there is space behind each goal to play (like ice hockey).
- Play with goals located in diagonal corners of the field.
- When all three teams have played two games in the round robin format, the coach can rotate a particular color team to another field (i.e. all blue teams move to the next field).

Coaching Considerations:

Individual possession and possession in pairs (combination).
 Individual and collective penetration...get in behind the opponents.
 Pressure and cover on defense...defending in two's.
 Mentality...risky on the attack...restrained aggression on defense.